

Car ban announced

We stand in a stupor — with our mouths drooping open — following the administration's late-Friday announcement in which, in a move as stupid as it is sweeping, a spokesman announced that BYU has accepted a "modified" version of the infamous Teusch-Wood Car Ban. With as much ven-

UNIVERSE OPINION

omous bad breath as we can muster, we issue a call to bring the fools responsible for this decision to the students' judgment bar.

For anyone who missed Friday's ambush-like announcement, let us run down the details:

Beginning Spring/Summer 1991, all BYU students will live carless lives, at least while they are unmarried in Provo. Those students with hometowns north of Provo will be asked to leave their cars at a designated lot in the old Kennecott Copper Mine. Students arriving from the south will leave their cars in a 100-acre lot just upstream of the old Thistle Dam site. Students from Provo will be given a choice between the two sites.

Once students check in their cars at the appropriate lots, they will be shuttled to their apartments by special UTA vans. (These vans will run continuously during the first two weeks of every semester. After that, vans will be available only by special arrangement.)

The cars will remain parked throughout the semester, unless students receive special permission to use them. Permission will be granted for trips home, certain emergencies and if it can be proved that the car will be used on a "serious date that might lead to an acceptable engagement and marriage."

To ease the inconvenience, the ban — in the modified version, renamed the Wood-n-Teusch Ban — UTA has promised extended bus service and the use of courtesy vans. BYU has suggested a Buddy-Buddy system, in which single students would register with a married couple and share a car. The new "buddies" could spend quality car time car pooling during the week and double dating on the weekend.

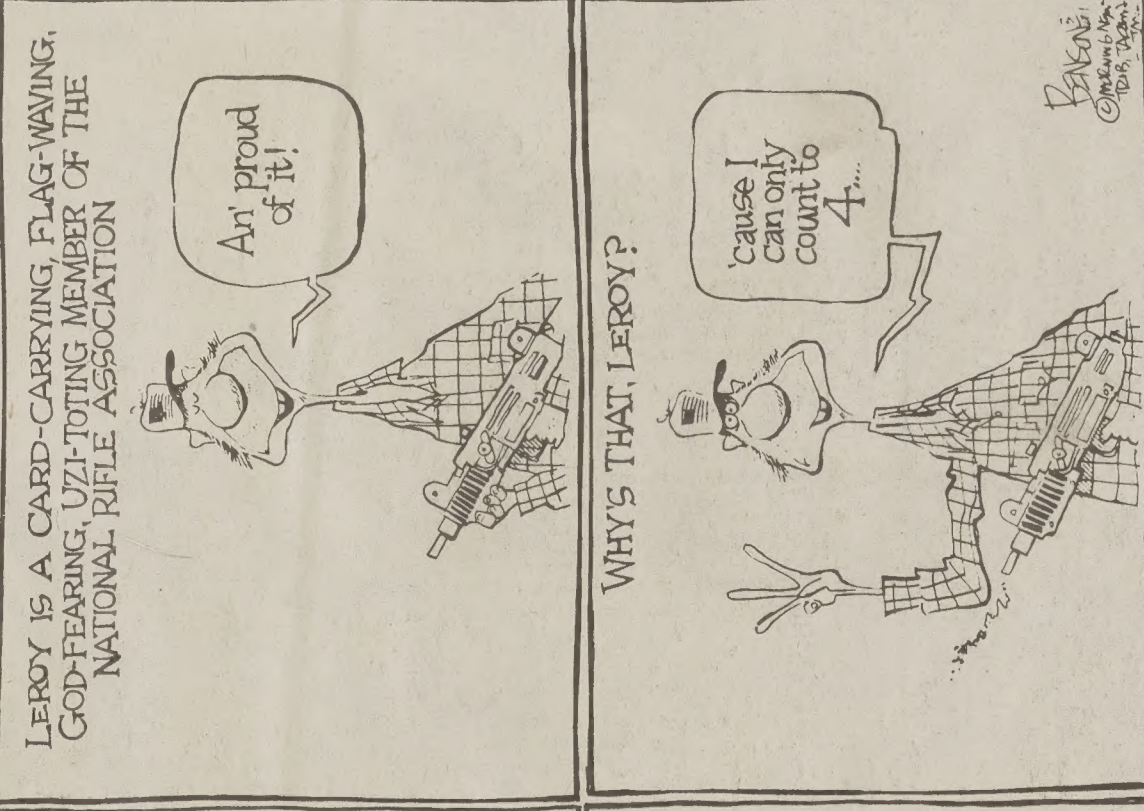
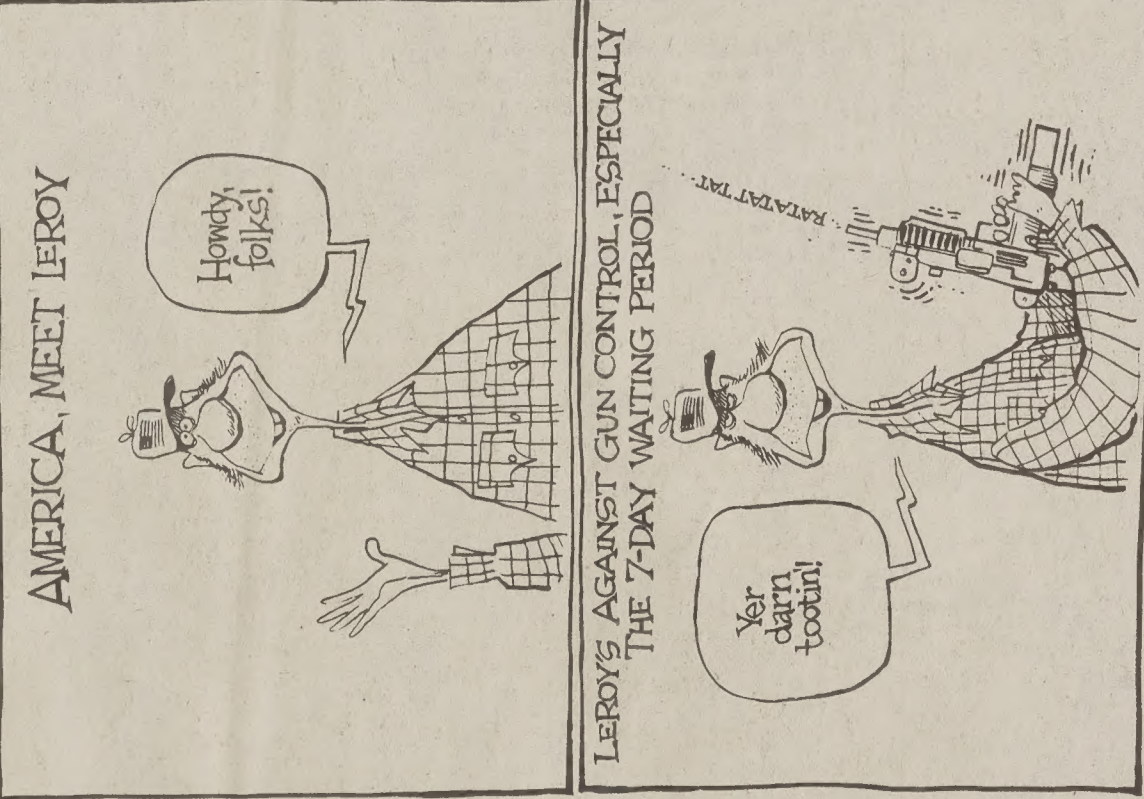
BYU's spokesman said patience would be needed during the first few semesters until all the bugs could be worked out of the system.

We, however, don't see anything but bugs.

It's not often that the entire Daily Universe Editorial Board stands fast together in disgust at anything, (with the exception of the Mark Reed Incident at our first meeting, but Mark apologized and, besides, it didn't stain the carpet), but this is simply too much.

Again we issue our call. Let us see who the fools really are.

This editorial is the opinion of The Daily Universe April Fools Board, which compromises the associate publisher, editor, opinion page editor, a teacher of opinion writing and a student staff member. This Universe prank does not necessarily reflect the sense of humor of Brigham Young University, its administration or sponsoring church. The April Fools Board will probably never meet again.



LETTERS TO THE EDITOR

The Daily Universe gladly accepts letters to the editor. All letters must be typed, double-spaced and are not to exceed one page. Name, Social Security Number, local telephone number and hometown must accompany all letters. The Daily Universe reserves the right to edit letters for clarity and space.

Be true to school

To the Editor:
As a graduating senior I've seen many students vow they'll never donate money to BYU because of an injustice BYU has done to them.

It isn't difficult to discover BYU's weaknesses. As a bearded student I've worked hard to have BYU's absurd beard policy changed. Yet at the same time, I refuse to let the policy taint my BYU experience—my annoyance at the policy compares trivially to what I've gained at BYU. The fact is, at BYU I've received a world-class education for pennies on the dollar, and I've grown immeasurably. For this, I'm indebted to BYU and the LDS Church. (Meanwhile, I'll keep working on the beard policy).

As BYU students, we not only should criticize BYU, but we should criticize BYU critically. Also, to make criticism useful it should be coupled with solutions, not enmity. By dissociating ourselves from BYU after graduation we not only don't impinge on BYU's weaknesses, but we show intolerance, immaturity and ingratitude.

Paul B. Thayer
Littleton, Colo.

Attend, or leave

To the Editor:

In David Engler's comments (March 18) in which he argued that BYU is "still a university" and therefore can't admit all F&M's and "worthy church members," just because of their faithful membership, he has forgotten one thing: BYU does owe an obligation to Church members.

Mr. Engler wrote, "What I especially do

not like to hear is the argument that tithing should secure a person a spot in this school. He argued that tithing is the Lord's money, not ours to spend how we want. He's absolutely right, it is the Lord's money. I also agree that paying tithing should not "secure a spot at BYU."

However, Mr. Engler has either forgotten or was not here when mandatory Church attendance became part of the Ecclesiastical Endorsement. When that policy was announced, many BYU students complained that their free agency was being denied. Many students expressed the idea that they have the right to be inactive and still attend BYU. In response, Elder Boyd K. Packer spoke on this subject at a BYU devotional. He stated that the Church has an obligation to tithing-paying members. As the Lord's representatives (those He tells how to spend His money), the Board of Trustees decided that Church activity should and must play a role in BYU's admission policy.

It's true that admissions must require certain academic qualifications, but as Mr. Engler "cannot accept the tradeoff" of religion for academics, I cannot accept the tradeoff of all academics for no religion. That would make BYU no better than any other school.

David Ansdott
Provo

Save the dogs

To the Editor:

I understand that the use of animals in scientific research has been extremely beneficial in the development of technology and I am very grateful for the scientists who have spent their time, effort and resources performing experiments and designing procedures that save human lives.

My question, however, is why college students need to kill four beautiful dogs per lab period in Zoology 460 to observe the effects of chemicals on heart rate.

In Zoology 261, we watched the same procedure on video and received, I believe, almost the same educational benefit without excess destruction of life. Animals shouldn't be considered disposable.

I am aware of the overpopulation of ani-

mals in pounds and applaud efforts to find good homes for these pets. I would love to be able to help, but can't because of apartment regulations.

I would like to see complex managers allow pets. Perhaps we could set aside a specific block for pet owners so that non-pet owners wouldn't be bothered by noise. Perhaps we could require that pet owners agree to pay for any damage incurred because of the pet.

Perhaps then, I and other pet-lovers could feel safer, as well as more at home. Perhaps then we could also help alleviate the pet population problem and excuse for using them in unnecessary experiments.

Erin Bateman
Bethlehem, Pa.

Honor and trust

To the Editor:

I just don't get it. Why are they changing the honor code? It won't make much difference. Does it mean the university will trust us more?

Right now, we are all treated like we haven't signed any honor code at all. When we are freshmen, we live in dorms with watchdogs to make sure we lived up to the honor code. When we take tests, we are constantly eyed by more watchdogs, to make sure we don't cheat. And when we vote, we have our activity cards marked, to make sure we don't vote again. But this is not enough.

We also have the University Police to check up on us. They make sure we obey the law (understandable), and respect the personal and property rights of others (mostly the property rights of the university and its many parking spaces). And this is all fine and good, for a school that doesn't have an honor code.

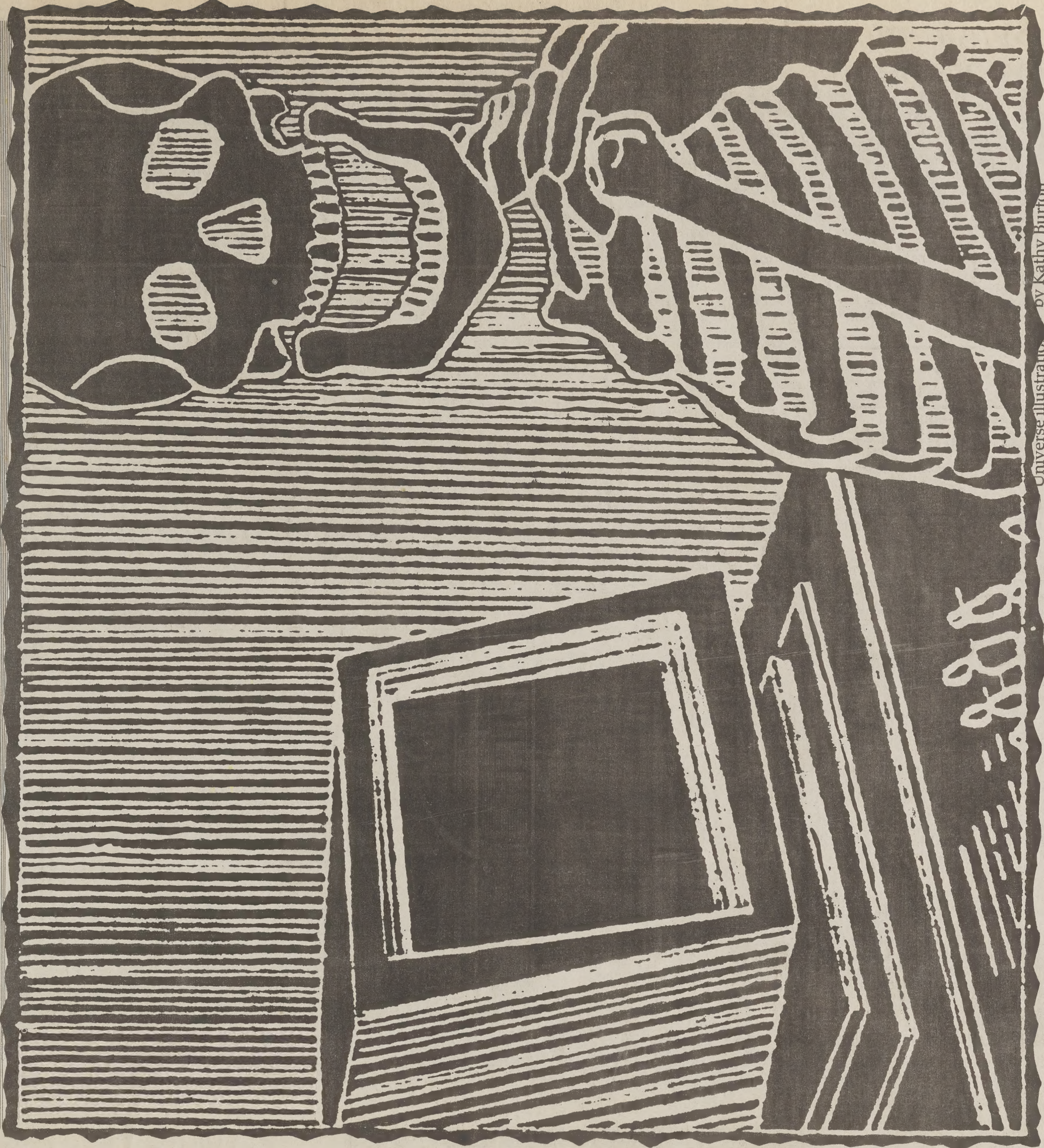
But BYU does have an honor code. And I think it's safe to say that the great majority of students obey it. I don't like it when my integrity is questioned. I signed an honor code, and I live by it. I wish the university would quit treating us like children, instead of making a new and improved honor code.

Derek Freeman
Colorado Springs, Colo.

Computers and your health:

- Carpal Tunnel Syndrome —story on page 2
- Can radiation from VDTs cause cancer? —story on page 2
- Back aches, head aches and eye strain —story on page 9

Universe Illustrations by Kathy Burton



Carpal Tunnel Syndrome: Painful and preventable

By GRANT GARRETT
Universe Staff Writer

In today's society, the personal computer has become as commonplace as the television. Though the benefits of this small wonder are many, they are accompanied by some problems related to improper computer usage.

"Carpal Tunnel Syndrome," as explained by David Hinkamp, M.D., "is a disorder caused by injury of the median nerve where it passes through the wrist on its way from the forearm to the hand."

"Injury to this nerve can cause impaired function. This condition usually begins with a tingling, or numbness in the hand and fingers, and may progress to a loss of feeling, loss of grip, and, finally, a loss of some hand functions," he said.

The carpal tunnel runs from the forearm to the hand and is lined with bone on the bottom and sides. The median nerve passes through this tunnel, and, under normal circumstances, it is well protected.

Thomas J. Armstrong, Ph.D., said that "the median nerve is one

See CARPAL on page 9

NEWS DIGEST

Compiled from staff and news service reports

Kurds claim to maintain Dohuk, Erbil

NICOSIA, Cyprus — Kurdish rebels said Iraqi forces backed by helicopter gunships, warplanes and artillery pounded two provincial capitals Sunday but had not managed to capture the cities.

Iraq, however, claimed it had chased the rebels out of the northern cities of Dohuk and Erbil, and said government troops were welcomed by cheering residents.

It was impossible to verify either side's claims.

The Kurdish rebellion flared in northeastern Iraq five weeks ago when the Persian Gulf War ended with a rout of Saddam's forces by the U.S.-led allied coalition. At the same time, Shiite Moslems revolted in the south.

Forces loyal to Saddam launched a major offensive last week against the Kurdish insurgents, who had captured nearly all of their historic homeland.

Government troops Thursday recaptured the oil center of Kirkuk, and on Sunday they appeared in complete control, Associated Press reporter Wafa Amr reported from the city.

She said burned corpses, cars and trucks still littered the streets, and that many buildings were ravaged by shellfire and bullet holes.

Iraqi authorities accused the rebels of going on a rampage of murder, looting and destruction while they held the city.

The insurgents, however, accused Saddam's troops of atrocities against civilians and appealed to the allies for help.

But the United States has said it will not intervene in the civil war, although it has shot down Iraqi military planes that have taken to the skies in a violation of the cease-fire terms. U.S. forces have not shot down helicopter gunships, however.

The Iraqi News Agency said Sunday that the Baghdad government, in a message to U.N. Secretary-General Javier Perez de Cuellar, denounced what it called violations of its airspace by American and Saudi warplanes.

Iraq also complained in the message that American troops occupying southern Iraq were plundering the archaeological site of Ur.

In the fighting in the north, Iraq claimed the Kurdish insurgents fled Dohuk, 30 miles south of the Turkish border, and Erbil, 75 miles to the southeast.

The guerrillas "fled away toward the mountains leaving behind their weapons," the Iraqi News Agency said. "The people of Dohuk and Erbil received our armed forces with national songs and cheering President Saddam Hussein." Baghdad radio said Izzat Ibrahim, the deputy commander in chief of the Iraqi armed forces, had told Saddam on Sunday that Erbil was fully under government control.

Albanians end 46 years of Stalinism

TIRANA, Albania — Excited Albanians crowded polling stations Sunday for historic multiparty elections called after protests and desperate refugees helped force an end to 46 years of hard-line Stalinism and isolation.

The parliamentary vote, held less than four months after opposition parties were legalized, was described by Western observers as free but tainted by continued Communist domination over the media and government.

Supporters of the main opposition Democratic Party and other newly formed groups have blamed Communists for dragging the Balkan nation's 3.2 million people into extreme poverty.

"This day is the greatest day in Albania's history. ... It's the end of dictatorship, the end of communism," said Gramoz Pashko, one of the Democrats' two main leaders.

Albania is the last Eastern European nation to hold multiparty elections since the collapse of Communist rule in the region.

Sali Berisha, a cardiologist and the Democrats' other leader, predicted "total victory."

There were no reports of election-related violence, and turnout was high among the nation's 1.9 million eligible voters.

By afternoon, 73 percent of eligible voters had cast ballots in Tirana, and 79 percent in Vlore. The cities were thought to be strongholds of the Democratic Party. The polls closed at 8 p.m. (1 p.m. EST.).

The turnout was reported even higher in smaller southern towns — thought to be areas of strong Communist support.

No official results were expected until Tuesday. In contests where no candidate gets an outright majority, runoff elections will be held in a week.

Albanians voted for a new 250-member People's Assembly parliament, which will name the president, adopt a new constitution and try to deal with the nation's severe economic problems.

See ALBANIA on page 9

The Weather

Area Forecast

Today: Fair and breezy. 20% chance of rain.
Highs 60-70, lows 30-40.

Tomorrow: Partly cloudy. 30% chance of rain.
Highs 60-70, lows 30s.

Tonight's sunset: 6:52 p.m.
Tomorrow's sunrise: 6:10 a.m.

Yesterday's Weather at BYU (24 hours ending at 5 p.m.)

High Temperature: 69°F
Low Temperature: 31°F
One year ago high and low: 64°F, 34°F
Peak wind speed: 15 m.p.h. at 3p.m.
Utah air quality 373-9560

High humidity: 84%
Low humidity: 17%
Precipitation: 0.00
Month to date precip.: 1.82 inches
Season (Oct. 1) to date: 8.74 inches

Sources: KSL Radio, BYU Weather

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THE DAILY UNIVERSE

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The Daily Universe is an official publication of Brigham Young University and is produced as a cooperative enterprise of students and faculty. It is published as a laboratory newspaper by the Department of Communications under the direction of a managing director and editorial and advertising directors, and with the counsel of a policy advisory board.

The Daily Universe is published Monday through Friday during the Fall and Winter semesters, except during vacation and examination periods. The Universe is published Tuesday, Wednesday and Thursday during Spring and Summer terms.

Opinions expressed do not necessarily reflect the views of the student body, faculty, university administration, or Board of Trustees, or The Church of Jesus Christ of Latter-day Saints.

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Thought of the Day:

"... But whosoever shall say to his brother, Thou fool, shall be in danger of hell fire."

— Matthew 5:22

Radiation from VDTs could be hazardous

By CORDY WEST
Universe Staff Writer

It's just possible that computers aren't all they're cracked up to be.

Over the years, evidence has accumulated in support of a theory that video display terminals (VDTs) and cathode-ray tubes (CRTs) from computers have magnetic fields that emit radiation. This radiation may be hazardous to your health.

According to Byte Magazine, during the past 10 years, researchers have testing the link between exposure to certain types of magnetic fields and unusually high levels of cancer.

Among the first of such studies, a 1979 report in the "American Journal of Epidemiology" said children living near high-current power lines in the Denver area died of cancer at twice the normal rate.

According to the 1982 "New England Journal of Medicine," workers exposed to electromagnetic fields in 10 out of 11 occupations died of leukemia at greater than expected rates.

A study completed by Johns Hopkins University showed that New York telephone cable splicers had seven times the incidence of leukemia when compared to other workers in the same company.

As research continued, suspicion centered on extremely low frequency (ELF) magnetic fields in the 60-cycle-per-second range — the same frequency home computers operate on.

Radiation was measured at levels of two milligauss. A milligauss is an extremely fine measurement of magnetic field strength.

At first, such small amounts of radiation were thought to be harmless, but research showed that while the ELF was capable of traveling only short distances, it could penetrate anything that stood in its way with unknown effects.

So what does all of this mean? Continuous contact with a device that emits radiation — including VDTs — can be hazardous to your health. However, Gordon Stokes, professor of computer science at BYU, said there are a lot of rumors in the industry.

"The rumors are that constantly sitting in front of a computer screen is dangerous because the phospor (that gives light to the letters on the screen) is a type of radiation. However, the radiation from the computer is the same as the electrical activity found in the television," Stokes said.

While some studies show the connection between radiation and cancer, other studies disagree.

See VDT RADIATION on page 10

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CAMPUS

Becoming Godlike a journey God knows our potential, Elder Maxwell says

By REBECCA M. TAYLOR
Universe Staff Writer

Becoming men and women of Christ is "the journey of journeys," said Elder Neal A. Maxwell at the 18-Stake Fireside Sunday in the Marriott Center.

Elder Maxwell, a member of the Council of the Twelve Apostles of The Church of Jesus Christ of Latter-day Saints, said this challenge is embodied in Christ's invitation to become "even as I am."

"The Lord loves each of us too much to merely let us go on being what we now are, because he knows what we have the possibilities to become," Elder Maxwell said.

He said the scriptures provide the road map of the journey, and Jesus is our guide and our model. "If we become deflected from this journey we will instead become estranged from Christ."

Godly attributes, such as submissiveness, meekness, humility and a willingness to submit, are "eternal and portable," Elder Maxwell said. "Being portable, to the degree developed they will go with us through the veil of death, and still later they will also rise with us in the resurrection when all else stays behind. Meanwhile, ironically, so much of our time is devoted to learning and marketing perishable skills."

Elder Maxwell said the qualities necessary for godliness and perfection are stressed many times in the scriptures. When significantly developed, these qualities provide the balance needed for traveling along the straight and narrow path leading to salvation.

Given the importance of developing these virtues, Elder Maxwell asked, "Should you and I be surprised if, to hasten the process, the Lord gives us individually the relevant and necessary clinical experiences?"

We usually do not seek these experiences, Elder Maxwell said, but we receive them anyway, "even when we don't remember having signed up for a particular course. Sometimes we



Universe photo by Frank Lee
Elder Neal A. Maxwell, of the Council of the Twelve, greets a listener after his address at the 18-Stake Fireside in the Marriott Center last night.

find ourselves enrolled again in the same course. Apparently we were only auditing before."

Jesus Christ knew premortally what he would experience during the Atonement, but only in an intellectual sense, Elder Maxwell said. Christ endured sufferings "which were worse than even he, with his unexcelled brilliance, had ever imagined."

To fulfill the requirements of divine justice Jesus bore all mortal sins

alone, Elder Maxwell said.

When Heavenly Father withdrew his spirit, Jesus was left with "an awful, an awesome aloneness. Is it possible, brothers and sisters," Elder Maxwell asked, "that Jesus needed to suffer and experience aloneness, not only so his personal triumph would be total, but also in order that he might know, as Alma (in the Book of Mormon) says, according to the flesh what it's like to feel forsaken?"

Academic standing policy gets changes

By TONYA CHRISTENSEN
Universe Staff Writer

Changes have been made in the academic standing policy for the levels of warning, probation and suspension the university gives students in regards to the grades they receive.

The level of grade progress warning, probation and suspension will be combined with the level of progress warning, probation and suspension, said Ryan L. Thomas, associate dean of Student Life.

As a consequence, whoever is on academic warning will move to academic probation unless both grade and progress requirements are met, Thomas said.

Wayne R. Herlin, assistant director of the Counseling and Development Center, said another change is now a student who is suspended from attending the university will have the choice of either appealing the suspension or asking for conditions on which the student can re-enter the university after the suspension.

He said the major purpose for the changes, which will take place next fall, is to clarify for students where they stand in the areas of academic warning, probation and suspension. He said it will be less confusing having one classification rather than two classifications for warning and suspension.

Thomas said in the past some students have played the system, switching from grade warning or probation to progress warning or probation. He said when the students are put on academic warning or probation, they retake classes to get better grades. That way they raise their GPA and are put on progress warning or probation.

"Since there will be only one standard it will prevent students from languishing semester after semester in academic difficulty," Herlin said. "They either clear themselves up or they get suspended."

He said the policy will also cut down on the number of students taking classes for which they have already received credit.

Herlin said in regards to academic suspension, if a student who is suspended has less than 64 credit hours, the standard condition for his or her re-admission will be 24 hours of work with at least a B grade in independent study or at another university or college.

However, "if a student who is suspended has more than 64 credit hours, the university strongly discourages the student from returning to the university."

He said there are new guidelines for students placed on continued academic probation. These students must now have a written plan set up with the advisement center on how they will graduate and a written statement showing why they got into difficulty.

Symposium focuses on wisdom

By KRISTINA L. FERRIN
Universe Staff Writer

The process of gaining wisdom from experience was the focus of the Missouri Symposium, which discussed the past, present and future of the Missouri area and events which have and will take place there.

One of the highlights of the symposium was a panel of speakers which included Ronald E. Romig, archivist for the Reorganized Church of Jesus Christ of Latter Day Saints.

Romig spoke about the RLDS temple complex that is under construction in Independence, Mo. He said the temple would be dedicated to peace and will be open to members of all faiths.

He said the temple has a spiral design, based on the seashell, a universal symbol of nature, which God created.

Romig said he hoped members of the Church of Jesus Christ of Latter-day Saints would express interest in the RLDS temple. LDS members will appreciate the RLDS temple because of their own temple experience, which he hoped would lead to a "healing of the separation between the RLDS and their close cousins of the restoration."

Two other members of the panel, Graham W. and Mary Lou Y. Doxey, curators of the property the LDS Church owns at Adam-ondi-Ahman, spoke of their experiences in working to "make the garden grow again as it did when it was in its pristine condition."

Volunteer labor missionaries can be seen painting

fences, planting trees, preparing roads, making new ponds and planting wildflowers, said Mary Lou Y. Doxey.

Graham W. Doxey said, "The prophet has said it (the work at Adam-ondi-Ahman) won't be publicized, and it won't be, but it is moving forward."

Charles D. Tate, professor of English and ancient scripture, and Leon R. Hartshorn, chair of the Department of Church History and Doctrine, also participated on the panel.

Tate discussed the first appearance of the LDS Church in Missouri and the growth it has experienced since then. Four missions and 10 stakes are now operating in the state and the LDS Church has announced that a temple will be built in St. Louis, Mo., he said.

Hartshorn said, "If it isn't bold, it isn't Church history."

Elder John K. Carmack, member of the First Quorum of the Seventy and executive director of the Historical Department of The Church of Jesus Christ of Latter-day Saints gave the keynote address.

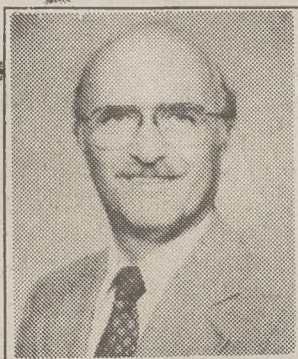
He discussed the residual benefits of the Missouri period in the history of the LDS Church and the lessons learned there by the LDS Church as an organization.

Some of the benefits and lessons learned were to keep the property of the LDS Church and individual members entirely separate, to be on guard for actions of extremists, to avoid get-rich-quick schemes, to be on guard against economic sanctions toward non-members and to stand up for rights in quieter and gentler terms, Elder Carmack said.

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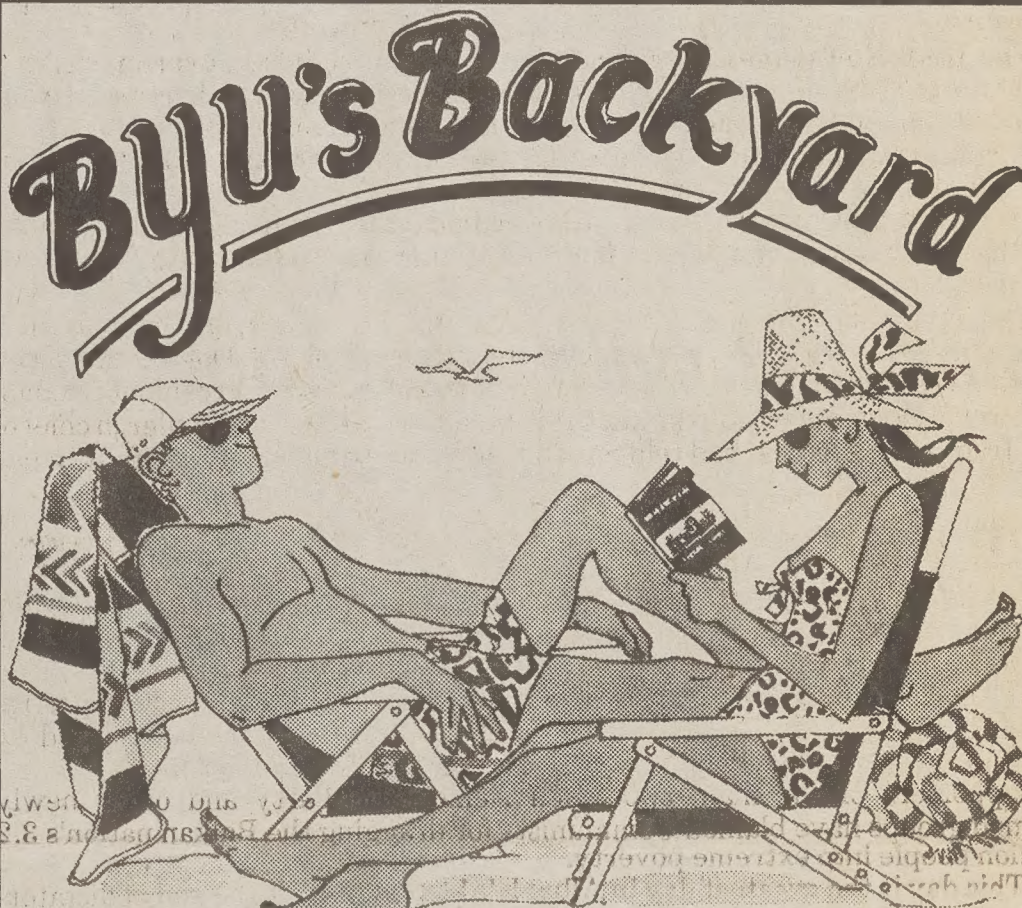
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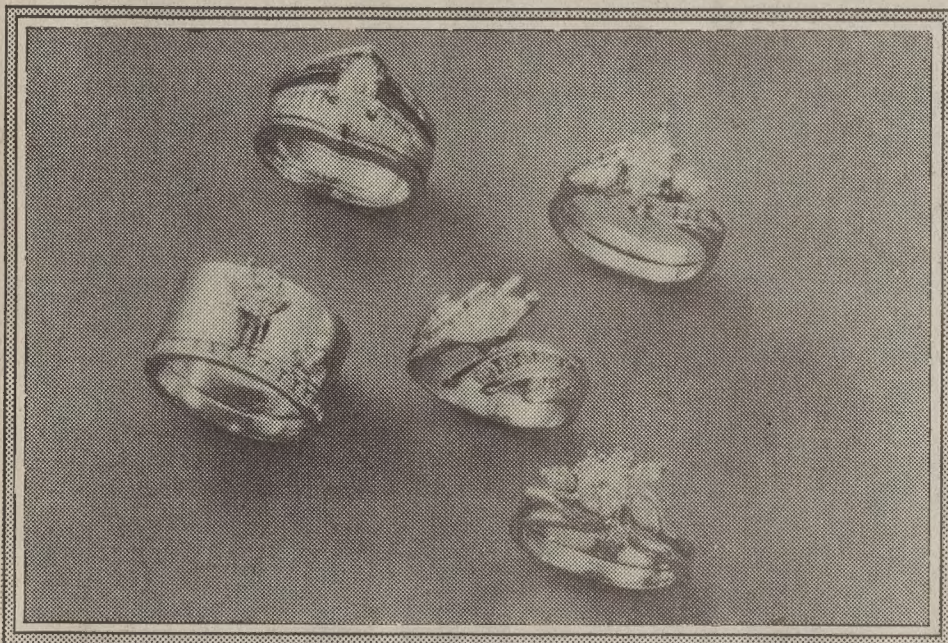
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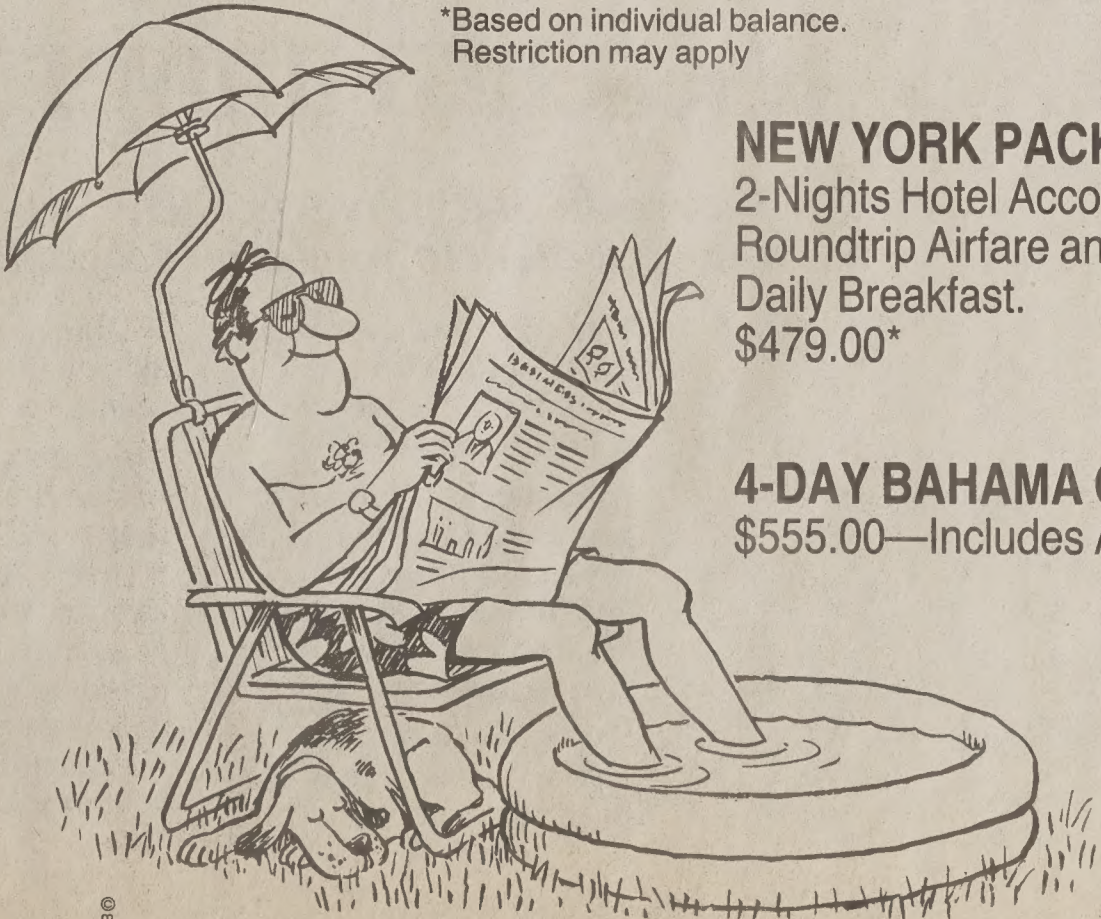
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Tom Bliss, 23, a senior from Virginia majoring in communications, leads an attack on a bunker during an exercise at Dugway Proving Grounds Saturday. Nearly 80 BYU Army ROTC cadets participated in the exercise.

Cadets test classroom skills

By PAUL D. EDDINGTON
Universe Staff Writer

Nearly 80 BYU Army ROTC Cadets and their instructors left for the Dugway Proving Grounds early Thursday morning for a weekend of training and evaluation.

The cadets spent Thursday through Saturday sharpening field exercise and leadership skills in Utah's West Desert.

Among the cadets who spent the weekend at the base was fourth year cadet Reed Giles, a 26-year-old senior majoring in psychology from Overland Park, Kan. "The army cadets come out here every spring to practice what they learn in class and be evaluated on their leadership ability."

"The training is as realistic as possible without getting anyone killed," Giles said.

He said the cadets are divided into squadrons of six to eight soldiers. Each group is given an assignment. The assignments are similar to missions frequently performed by infantry soldiers.

Scott Shawen, another fourth year cadet and this year's Cadet Battalion Commander from Spokane, Wash., said each squadron is given several missions during the three-

day training period. For each mission, a different cadet is chosen to be the squadron leader.

"We want to give everyone a chance to learn combat leadership skills. We evaluate each leader on their ability to plan, organize and communicate," Shawen said.

"When you are at war, you never know if or when your leader will be killed. You have to be ready to take over at any time."

Lt. Col. John Norton, professor of military science at BYU, said in years past, squadrons of first and second year cadets were closely supervised by older cadets. This year, because the number of cadets is lower than in other years, the young squadrons spent more time doing things on their own.

Also unique to this year's training was an army UH1 helicopter. Because Maj. John Caldwell, assistant professor of military science at BYU is an aviation officer, the cadets were able to use the helicopter for air operations, Giles said.

Caldwell quickly briefed the cadets before they climbed into the helicopter and cautioned them to be safety-minded. "Point your guns at the floor in the helicopter, that way, if they go off, you won't shoot the engine," Caldwell said.

BYU health insurance increases rates this fall

By TONYA CHRISTENSEN
Universe Staff Writer

Next fall students can expect a rate increase for BYU health insurance as well as improved services offered at the Howard S. McDonald Health Center.

Ryan L. Thomas, associate dean of Student Life, said there will be an average 10 percent increase in most categories of the health insurance plan.

The BYU insurance increase follows an industry trend, where there has been about a 20 percent increase in insurance rates, said Clyde E. Sullivan, director of the McDonald Health Center.

"We have tried to stay well below industry increases," Thomas said.

When compared with the insurance industry increases over the last two years, BYU increases have amounted to about 50 to 70 percent of the industry increases, he said.

Sullivan said increased services will be available in the health center by next September. These include more physical therapy, psychological and psychiatric services, more examining rooms, separate pediatric services and better facilities for immunizations and physical exams.

Two new trailer complexes have already been added to the health center in order to provide space for the new services which will be offered, Sullivan said.

The health center administration offices moved Friday into one trailer, while the accounting, insurance and purchasing offices will move into the other trailer within the next two weeks, Sullivan said.

Students should not be inconvenienced by the move, Sullivan said.

"The whole rationale for establishing the trailers is so that the services inside the health center will be enhanced and so that we can do a better job of serving the students in direct clinical ways," Sullivan said.

"Our desire is to acquire the best possible insurance at the lowest possible cost for the students," said Maren M. Mouritsen, dean of Student Life.

Thomas said there are ongoing negotiations for other possible changes to the insurance for next year. However, he said there will be no reduced benefits.

He said about one-third of the students at BYU have BYU health insurance.

Sullivan said about 60 percent of the students who use the McDonald Health Center do not have BYU health insurance.

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Slapstick wild west show features 3 students

By GEOFFREY M. THATCHER
Universe Staff Writer

Three BYU students spend their summers making people laugh as stunt men falling off buildings, throwing fake punches and unfighting during a wild west shoot-out show at a local amusement park.

The manager of the show, Clifton May, 24, a sophomore majoring in economics from Farmington, described the show as slapstick with spaghetti western jokes. "We have a lot of fun," he said.

May usually plays the sheriff while Clark Christensen, 24, a senior majoring in family science from Bountiful, plays the dumb guys and Brandon Hobbs, 23, a junior majoring in advertising, also from Bountiful, usually plays Wild Bill Hickock, a crazy gun-fighter.

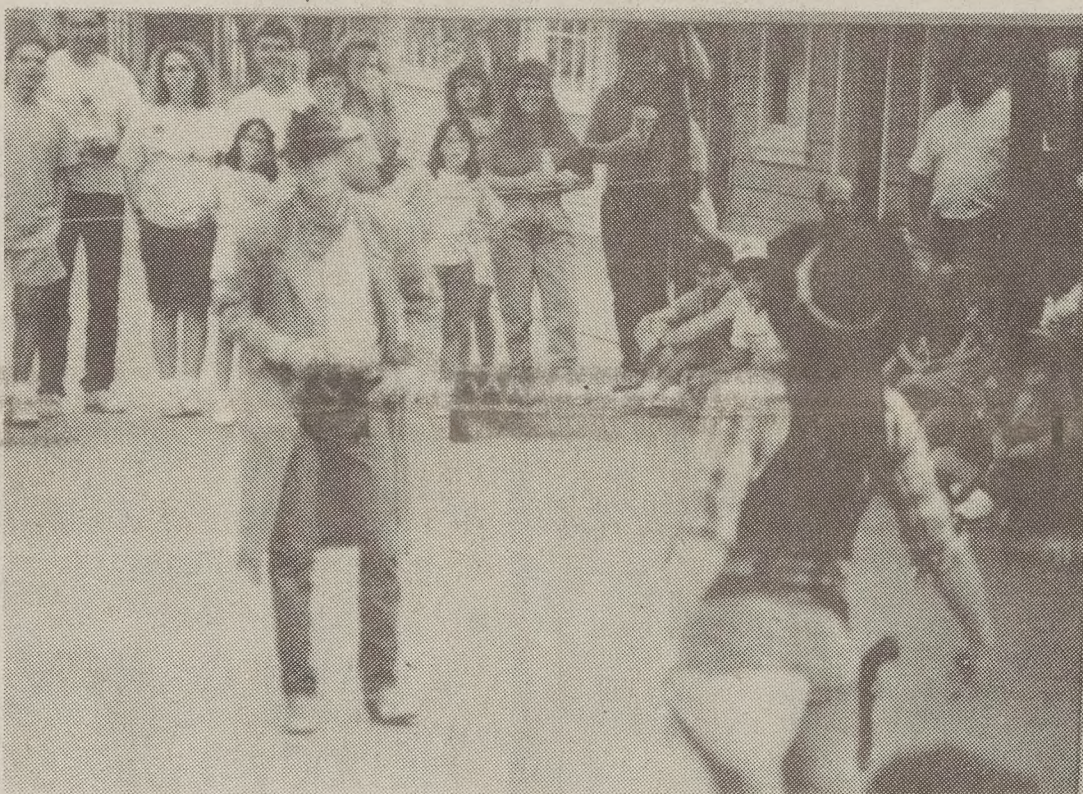
All three say one of the best parts of their job is dressing up and acting like cowboys. "Part of the humor is the irony that none of us are country dudes, listen to country music or resemble country-western folk in any way," May said.

The stunts include two falls, one from a 20 foot tower and the other from the roof of a one-story building. The stunt men fall into hay that is fluffed up to cushion the fall. Other stunts include fake fighting and falling flat on their backs when shot by a blank from a .22-caliber gun.

May said the stunt men rarely get hurt while performing. "I've had nothing more than bruises," he said.

Christensen, on the other hand, hasn't been so lucky. "I shot myself in the leg," he said. He said his gun was in his holster when it went off.

Although the guns shoot blanks, at close distance the paper wads can do damage. A few years ago a stunt man shot a hole through his hand with one



A crowd gathers to watch BYU students perform their 'slapstick' shoot-out show at a local amusement park.

of the .22-caliber hand guns.

Christensen has also been hit in the arm by a paper wad flying out of a stunt man's shotgun. Hobbs was standing across the street from Christensen when he shot him in the arm. Although the paper wad gave Christensen a huge bruise, Hobbs said it's fun to laugh about "shooting Clark."

Christensen, known for playing the dumb guys, also has forgotten to fluff his hay up before falling, been kicked in the groin area during one of the fake fights and slipped and fell flat on his back while performing in the rain.

Christensen isn't the only stunt man who's had things go wrong. During one show May forgot to load his gun. "I clicked the gun twice and nothing happened," he said. Luckily, May said, the stunt man playing the

deputy had a loaded gun and saved the show.

May said the show's main purpose is to make people laugh. Christensen said making people laugh and taking them away from their cares is one of the most rewarding things he has done.

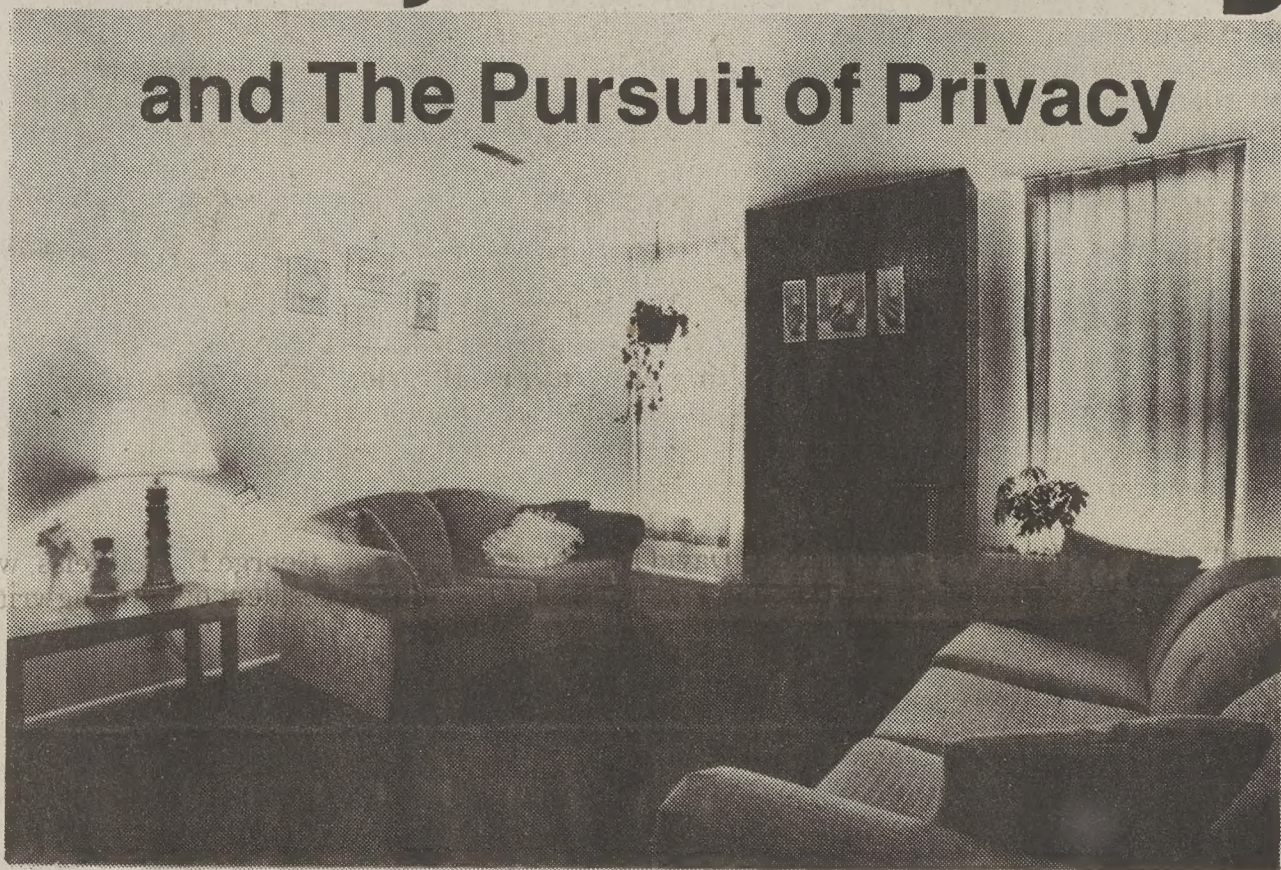
All three said being a part-time stunt man works out great with school and a lot of the money they make performing is used for tuition.

They also are occasionally recognized by people here at BYU. May said last semester someone came up to him and asked, "Are you in the shoot-out?"

May also said little kids idolize the stunt men. "After the show the little kids surround us and think we are the real thing."

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LIFESTYLE

Music censorship focus of panel

by SALLIE LARSEN
Universe Staff Writer

The dispute about where to draw the line in protecting First Amendment rights while protecting society from the corruption of some music is a heated and often-fought battle. This never-ending dispute of music censorship will be discussed by a national panel representing different perspectives at the BYU Media Music Festival '91 Tuesday.

You can always find something on the news that is a big concern of this issue," said Ron Simpson of the Media Music Department. "Some states have passed legislation demanding that there be some type of warning on the label that warns the public that the music contains things of a controversial nature."

Part of the reason for this concern results from recent incidents involving deaths that have been linked to music lyrics, he said.

There is one family recently who is forming a rock band for their son's death," Simpson said. "They claim that the words in the song prompted him to kill himself. He was found dead near the headphones with the music playing."

This incident isn't isolated, Simpson said, reports of this type are heard everywhere.

Even requiring a label of warning, however, the question still remains whether the label will actually serve as a warning, or whether youths' interests will be peaked because they see the label, Simpson said.

Members of the band 2 Live Crew have been actively fighting the banning of their music, which some people believe is obscene, claiming that it is a violation of their First Amendment rights.

Other recent incidents that have been disputed involve the National Endowment of Arts wanting to withdraw funds for grants that were given for artistic purposes. The grant later appeared to have been used to fund controversial art forms.

These are the issues we hope to discuss at in our discussion," Simpson said.

What is the freedom of expression? "In" and "How should people be allowed to use it?"

Even within the Church we are being given specific guidelines as far as music is concerned," he said.

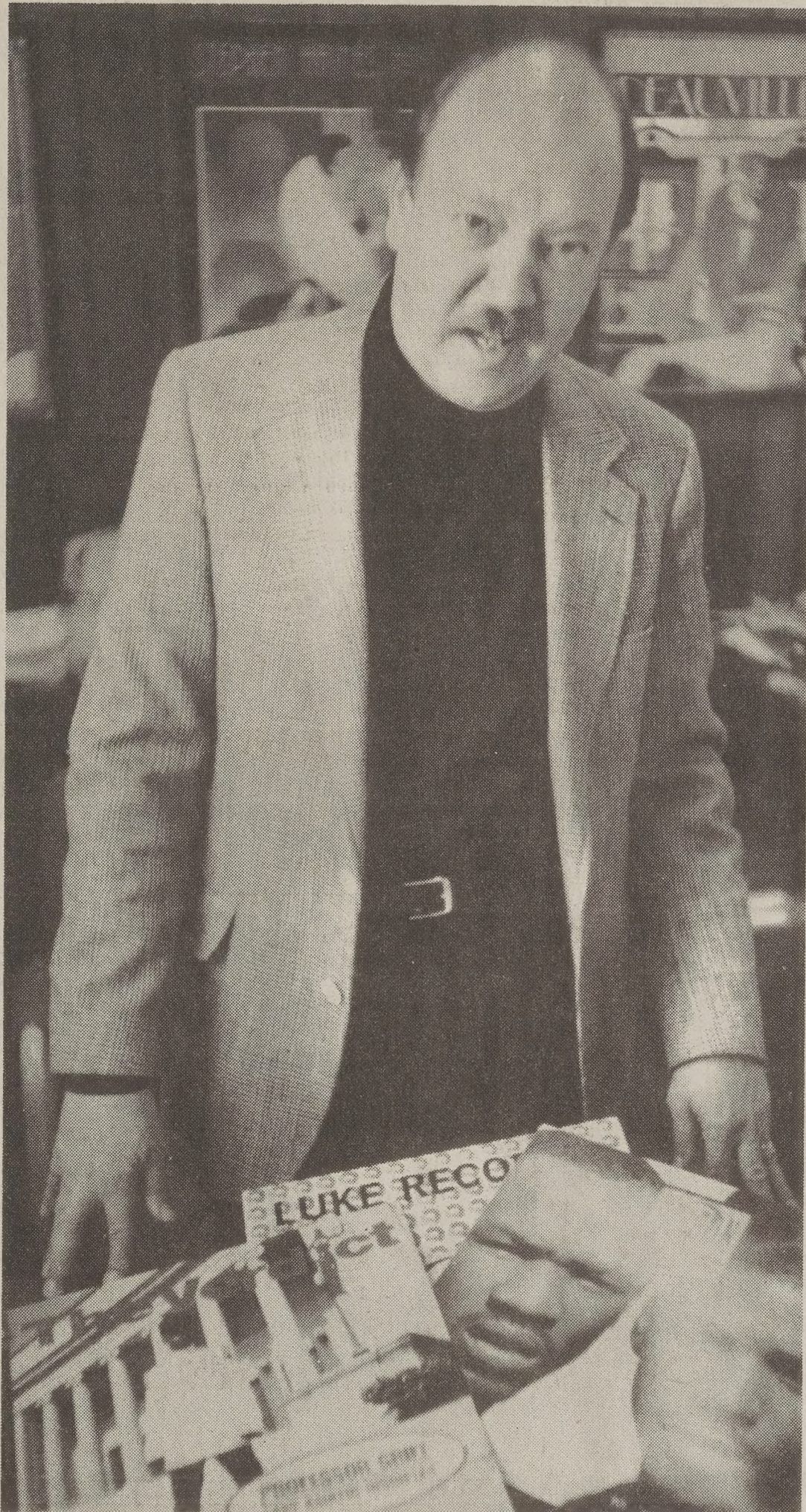
The Church does not take a stand on what music should or should not be listened to," Simpson said.

The members are urged to look at the individuality of an issue and make a personal decision."

The participants in the panel discussion have different views and backgrounds.

One panel member will be Steve Chalichin, managing director of the National Academy of Songwriters in Los Angeles.

Chalichin's exposure on talk shows and in the press shows his position for



Universe photo by Frank Lee
Ron Simpson of the media music department displays examples of music with controversial lyrics. A national panel will discuss censorship in music Tuesday at 11:00 a.m. in the de Jong concert hall.

unbridled artistic freedom.

Another participant will be BYU graduate J. David Billeter, a member of Utah Lawyers for the Arts. Billeter is now attending the University of Utah Law School.

The artist has a responsibility to create works that promote a life-affirming point of view, is one of the ideas of panel member Brad Garton, the director of electronic music studio

from Columbia University in New York.

George David Weiss, who serves as president of the Songwriter's Guild of America, will be another member. Simpson will be the moderator for the discussion.

The discussion, entitled "The Arts in Crisis: Censorship in Music" will be in the de Jong Concert Hall at 11 a.m., and is open to the public.

Time for stork to visit in 'Baby'

by SPENCER D. BEDARD
Universe Staff Writer

Having a baby is an exciting time in a couple's life and the Sundance Institute Screening Room has capitalized on the moment with the production of a Broadway hit musical "Baby."

The production returns to Sundance after a successful two-month run last fall. An obstetrician from Logan saw the play and loved it so much he convinced the cast to perform it in front of his patients at the Browning Center in Logan last December.

The play features three couples trying to get or trying to have a baby in various phases in their life. One couple is in their early 20's, another in their 30's, and the third in their late

The play is a wonderful exploration of love and relationships," said Luke, the artistic director. "Everyone will relate to one of the couples if not all," she said.

The couple in their 20's conceive a child out of wedlock. Danny, the father of the child, is a musician who is accused to much responsibility, said Scott Nielson who plays Danny.

"I want to get married in the play but my girlfriend, Lizzie, doesn't. She is afraid the romance in our relationship will end once we are married," Nielson said.

The second couple, Pam and Nick, have been married for five years and have been attempting to have a child for two years. They discover they have medical problems stopping the pregnancy. "Pam is very insecure about her womanhood because of her inability to conceive," said Peggy Matheson, the actress who portrays Pam. "Pam is more masculine than feminine, she coaches basketball and is sort of like a tomboy."

Matheson said Pam doesn't know what to think when she discovers it is her husband who has the medical problem that is preventing the pregnancy.

"Nick is a college track coach and all-around jock," said Kevin Halladay, who plays Nick. Halladay said Nick is taken aback by the fact that he cannot get his wife pregnant. "He feels he is less of a man."

The last couple, Alan and Arlene, are in their mid-to-late 40's, and Arlene is surprised when she becomes

pregnant. "She has never made waves before and is a bit hesitant at having the baby," said Janie Wallace, who portrays Arlene. "My favorite part of playing Arlene is when she finally loses her temper and expresses herself, usually she is quiet and lets things pass," Wallace said.

Wallace said her position was a common concern among middle aged women and she modeled her role from personal experiences and the experiences of close friends.

Alan is a happy, mellow administrator at a small college. The couple drifts apart and tries to rediscover romance in their relationship, said Marvin Payne, who portrays Alan. "The couple has forgotten how to be intimate with each other and that scares them," Payne said.

"People will spend most of the evening laughing, they also will cry and have an overall enjoyable evening," Payne said.

The play addresses many life and death issues and humor is often used by the couples to mask the fear of intimacy.

The play begins Friday and will run until May 25.

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SPORTS

Cougar track teams garner victories

By SHANNON LANDEN
Universe Sports Writer

BYU's men's and women's track teams blitzed the competition at the UC Irvine Invitational, placing first in both meets Saturday in Irvine, Calif.

The men scored 287 points to defeat their nearest competitor, the Air Force Academy, who finished second with 245 points.

Distance runner Dave Spence and sprinter Oluymeyi Kayode were double winners for the Cougars.

Spence took first in the 800-meter run with a time of 1 minute, 50.88 seconds and turned in another first in the 1,500-meter run with a time of 3:49.61, while Kayode placed first in the 200-meter dash in a time of 21.14 and first in the 100-meter dash in a time of 10.65.

"We had some outstanding marks and a great meet," said BYU coach Willard Hirschi. "We are pleased that we have continued to improve. We did not take Frank Fredericks with us because he has a sore groin."

The Cougars had several one-two finishes. Dave Brannan recorded a leap of 17 feet, 7 1/4 inches to take first in the pole vault and was followed by teammate Matt Snyder with a leap of 16-8 3/4.

Per Karlsson and Leif Lundahl placed first and second in the hammer throw. Karlsson turned in a toss of 211 feet, 10 inches, while

Lundahl threw for 190-3.

Scott Moon turned in a first place jump of 6-9 1/2 in the high jump and was followed by teammate Jorge Martinez who scored a leap of 6-7 1/2.

The women won eight events to take the meet with 245 points. UC Irvine placed second with 238.5 points.

All-American Hui-Chen Lee again surpassed the NCAA automatic qualifying standard with her throw of 175-2 in the javelin. Kartsi Leppaluoto made her presence known in the shot put where she threw a 47-10 1/2.

Nicole Birk and Tonya Todd went one-two in the 3,000 meter run. Birk placed first with a 9:25.53, while Todd finished in a time of 9:31.15.

Two women leaped to victory in the triple jump and the long jump.

Alisa Wise took first in the triple with a leap of 37-3 3/4, while Shu-Hwa Wang won the long jump with a leap of 20-3.

BYU swept the top three places in the 100-meter hurdles. Anu Kaljurand led the Cougar trio with a time of 13.62, while teammates Wang and Laura Zaugg followed with times of 13.85 and 14.45.

Anna Mosdell met the NCAA provisional qualifying standard for a third time with a throw of 168-3 in the discus.

It was Mosdell's best throw of the season.

BYU golfers fade, take 7th at Hawaii tournament

By SHAN N.S. NAKAMOTO
Universe Sports Writer

The BYU women's golf team dropped a notch on Friday to finished seventh out of 16 teams in the Hawaii Rainbow Wahine International Golf Tournament.

The defending tournament champion, University of Arizona, won the tournament with 919 total team strokes.

Arizona was followed by UCLA with 927; San Jose State, 935; Stanford, 938; Tulsa, 952; New Mexico State, 955 and BYU with 959 total team strokes.

BYU coach Gary Howard said, "We played consistently every round. However, all the other teams dropped their scores in the final round of the tournament and we didn't. We're good enough to play at the level of ranked teams, but we're not comfortable once we're at a good position to win yet."

"Some of the teams got things going well and we slipped," said BYU's Lisa Christie, 20, freshman from Durban, South Africa, with an undeclared major. "We were disappointed in our scores and didn't finish as strongly as we wanted," she said.

BYU's Anna Hagborg, 20, freshman from Vanersborg, Sweden, with an undeclared major, said there were a lot of good teams competing in the tournament. "The other teams had some hot rounds and we were not able to do as well," she said.

Out of a field of 91 golfers in the tournament, BYU's Ruby Chico finished with rounds of 75-78-79 for 232 total shots to tie for 10th place. She was seven shots behind the tournament's individual leader Annika Sorenstam of Arizona.

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Graf aces No.1 Seles for title

Associated Press

SAN ANTONIO — Steffi Graf took a step toward regaining the top women's tennis ranking on Sunday with a 6-4, 6-3 victory over top-ranked Monica Seles to claim the U.S. Women's Hardcourt Championship title for the third time.

It was Graf's first tournament victory since November's Virginia Slims of New England and her first over Seles since 1989.

Graf, ranked No. 2 in the world, had last met Seles in the 1990 French Open Finals, which Seles won 7-6, 6-4. Graf maintains a 4-2 career lead over Seles.

Seles, 17, ascended to the No. 1 world ranking on March 11 after Graf's record reign of 186 weeks. Be-

cause the U.S. Women's Hardcourt Championships is only a 32-player draw, Graf will not overtake Seles in the computer rankings.

But Graf, 21, acknowledged that she hoped her victory Sunday would be a turning point.

"I'm on the right way now," a smiling Graf said. "I think I made her play. That's a good feeling to have."

Graf started slowly, failing to step into her shots and netting many of them on the way to losing two service games and falling behind 4-1 in the first set. But she stormed back in the sixth game to break Seles' service at love.

Two games later, Graf broke Seles again to even the match at 4-4 and won the first set with a third service break.

Both players started the second set by holding their serve, but Graf got a crucial service break to take a 4-2 lead. Seles had missed a break-point opportunity at 2-2 when Graf hit a volley putaway at the net.

Seles had another break opportunity in the seventh game, but a Graf service ace at deuce followed by a down-the-line winner gave her a 5-2 lead.

Seles had one last break point to put the second set back on serve in the ninth game, but a Graf volley, a Seles shot into the net and a Graf cross-court winner ended the match.

"She was hitting the ball well and I had to keep hitting great shots back, but that's hard to do constantly," Seles said. "She pulled out a lot of points on her serve."

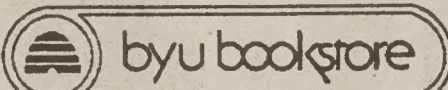
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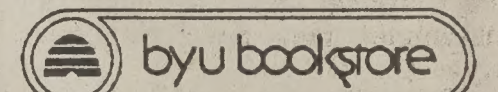


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Duke, Kansas to battle for crown

Associated Press

INDIANAPOLIS — Duke's second chance at UNLV was the Runnin' Rebels' last at college basketball immortality.

Recouping from a 30-point loss in last year's NCAA championship game, the Blue Devils won a game they were given as much chance of winning as drawing an inside straight at the gaming tables.

They beat top-ranked UNLV 79-77 on Saturday to end the Runnin' Rebels' dream of a repeat title and an undefeated season.

Christian Laettner, the only Duke player who played well in the 103-73 loss last season, made two free throws with 12.7 seconds to play to give Duke (31-7) its final margin.

UNLV came downcourt with one final chance at keeping its dreams alive, but Anderson Hunt's 3-pointer with 2 seconds to play bounced off the rim.

Hunt was hugged by his teammates. Duke players celebrated. And UCLA stayed the last school to repeat in 1973, and Indiana in 1976 remained the last unbeaten champion.

The Runnin' Rebels' 45-game win-

ning streak was ended two games short of where they had hoped.

Duke will play Kansas, a 79-73 winner over North Carolina, in tonight's championship game.

Laettner finished with 28 points and it was his yeoman work off the boards which allowed Duke to stay in the game, and hold nine leads in the second half.

UNLV (34-1) trailed in the second half this season for a total of 1 minute, 21 seconds.

UNLV took a 76-71 lead with 2:31 to play, when George Ackles tipped in his own shot to cap a 6-0 run.

Bobby Hurley hit a 3-pointer 15 seconds later to cut the lead to two.

The Runnin' Rebels were called for a 45-second shot-clock violation with 1:24 left and Duke's Brian Davis drove the baseline for a three-point play, and a 77-76 Duke lead with 1:02 left.

Stacey Augmon missed a shot for UNLV, but Larry Johnson was fouled trying to convert the rebound with 49 seconds left. He missed both free throws, but a lane violation on Duke's Thomas Hill gave him another chance at the second and he made it to tie the game.

Duke ran down the shot clock, setting for a drive by Hill with 15 seconds to play. The shot missed, but Laettner grabbed the rebound, was fouled and made both for the final points.

Duke had been no stranger to the Final Four, making its fourth consecutive appearance and fifth in six years. The Blue Devils have never left with a trophy and now they would get a chance to walk off the court with one on Monday night.

Win or lose in the final, ending UNLV's winning streak will remove some of the sting of last year's rout for Duke coach Mike Krzyzewski.

"It was one of the really great basketball games," Krzyzewski said. "Our kids hung in there the whole time, we just happened to play defense on the last exchange.

UNLV coach Jerry Tarkanian said he hoped that Johnson would get a chance at a winning 3-pointer in the final seconds. Johnson brought the ball upcourt, passed to Hunt and never got the ball back.

"They played better than we did, they deserved to win, it was a great win for Duke and a tough loss for UNLV," Tarkanian said. "I just feel

so bad for the kids, because they're the greatest group of kids I've ever been around. I just hurt inside for them."

Hunt finished with 29 points. It was the absence of his backcourt mate over the final four minutes that made a huge difference.

Greg Anthony drew his fifth personal foul with 3:51 left when he was called for a charge. The basket was disallowed, and UNLV had lost its point guard and defensive specialist for crunch time.

UNLV had the shot-clock violation and failed to move the ball as crisply as usual in the final minutes. "When Greg was out of there, we were a little out of synch," Tarkanian said.

Duke trailed 43-41 at halftime.

They scored the first two baskets of the second half and the lead changed hands several times.

Davis finished with 15 points, and Hurley had 12 and Grant Hill 11.

Anthony had 19 points and six assists, while Johnson had 13 points and 13 rebounds.

The Runnin' Rebels finished with a 40-26 rebound advantage, but couldn't come up with one as big as Laettner's with 12.7 seconds to play.

Netters beat South, North Carolina on eastern road trip

By JODY NIELSEN

Universe Sports Writer

The BYU women's tennis team returns home from its road trip with two impressive victories over South and North Carolina.

Although the Cougars fell to Duke on Thursday, they came back to take a win over South Carolina on Friday, 5-3.

Evica Koljanin, back in the No. 1 singles position for BYU, was defeated by South Carolina's Michelle Duda, 6-4, 7-6.

At No. 2 for the Cougars Sarah Mugnaini came out victorious over Nathalie Rodriguez of S.C., 6-3, 6-1.

On Saturday the Cougars slid past North Carolina, 5-4.

In singles play Sarah Mugnaini, fairly new to the No. 1 position, was defeated by Cinda Gumey, 6-0, 6-1.

After the singles matches the score was tied, 3-3. North Carolina took a temporary lead, 4-3, when their No. 3 doubles team of Dana Kanell and Kelli Sharp beat Jennifer Holmes and Anissa Robinson, 6-2, 6-3.

The Cougars tied the score at 4-4 when Lesley Barbour and Federica Lentini won at No. 2 doubles, 6-2, 6-4.

The No. 1 doubles team decided the match when Koljanin and Mugnaini were victorious in a tie-breaking second set, 6-3, 7-6 (9-7).

Baseball team wins tourney

By JEANA STARR

Universe Sports Writer

The BYU men's baseball team captured its ninth championship title Saturday in the Riverside Invitational Tournament defeating UC-Riverside, 3-0.

The Cougars started the week-long tournament by rolling over Lafayette College, 11-6.

In the second game of the tournament, BYU was defeated by the New Mexico Lobos, 8-1, in a game that began on Tuesday and ended on Thursday because of a rain delay.

The Cougars then defeated Oregon State on Thursday, 5-1, with junior pitcher Aaron Mirandon finishing the last five innings for BYU.

After falling behind early, the Cougars battled back to win, 3-1, over UC-Riverside Friday evening.

Riverside scored one run in the first inning, but BYU pitcher Dave Madsen settled down and shut out the host team through the sixth inning.

The Cougars did not score a run until the fourth inning, where they tied the game, 1-1.

BYU then scored two runs in the ninth, and senior pitcher Lance Clark shut down Riverside to post the victory and move his record to 2-1 on the year.

The Cougars resumed play Satur-

day morning where they were defeated by the University of Washington, 9-4, in a game that meant different things to each team.

For BYU the game meant improving its overall record since a spot in the championship game had already been clinched.

For Washington, a victory was needed to keep its hopes of playing for the championship alive.

The Cougars scored a run in the first inning, but Washington scored three runs off pitcher Rob Jensen in the third.


The game was close until BYU second baseman Jonathan Lopez made an error to lead off the ninth inning enabling Washington to capitalize with three runs to blow the game open.

Shaking off the loss to Washington, BYU headed into the championship game against host UC-Riverside, where the Cougars defeated them, 3-0.

Freshman pitcher Ryan Hancock pitched the first three innings for the Cougars, throwing eight strike outs.

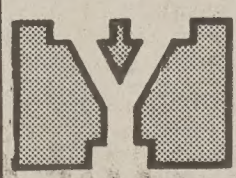
Senior pitcher Lance Clark came in and wrapped the game up for BYU, throwing seven strike outs in six innings.

BYU finished the tournament 4-2 and improved their record to 15-9 overall.



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PRESIDIO- 3 men's openings- S/S only, \$100/mo. \$150 dep. Nice unit. 224-4846, 9-5pm.

2 GIRLS OPENINGS- S/S only, Cambridge, Close to Y, \$120/mo. Call 224-4846, 9-5pm.

VICTORIA PLACE 4 girls. S/S ONLY 2bdrm W/D \$100/mo + utls 375-9758 bfr 9am aft 9pm.

MOUNTAINWOOD-2 Girls shrd room Sp/Sum, W/D, mw, Cable, Deck. Kathy 374-5949.

WASHINGTON-Men-Townhouse. 825 N 900 E. Sp/Sum pvt \$125, Shrd \$100. F/W only with Sp/Sum. F/W \$180 shrd. Cable, Micro, W/D. Call TPM 375-6719 10-5.

CONDO ROW-Men-\$110 S/S/F/W only with S/S. F/W \$185. Call TPM 375-6719 10-5.

SILVERSHADOWS-Men/Women. Pvt rms only. S/S \$100-\$110. F/W only with S/S. F/W pvt \$165-\$185. Call TPM 375-6719 10-5.

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MENS very nice Chatsworth Condo 700 N. S/S \$125 mo. 225-4707.

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COUPLES New Apts ready as soon as April 15, Close to BYU, 1 bdrm, cbl, Lndry, AC, \$345 + Gas/EI. 627 N 100 W, 374-2043.

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SKI REPAIR 20 yrs exp. Stonerinding, basic to high performance tune-ups. Jerry's Sports, 577 N. State St., Orem, 226-6411.

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BLACK SHOE! Helmet & Vetter tank bag. Best offer. 374-6052. Leave msg.

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CARPAL

Story continued from page 2
of the three major nerves of the upper extremity that contains motor, sensory and autonomic fibers."

Injury of the median nerve results in impaired or lost nervous function in the fingers and at the base of the thumb.

CTS can affect almost anyone involved with repetitive motions or acts with the wrist. For students and faculty at BYU who often use computers, this could be cause for concern.

Many computer users type with their wrists set on the desk, while at the same time placing their fingers on the keyboard. Prolonged use of this incorrect method of typing can begin to wear on the median nerve, resulting in nerve damage, Hinkamp said.

Typing teachers agree that the proper way to type is to position the wrists and the hands in a continuous line — approximately one inch off the desk.

There are other ways to develop CTS other than improper typing on a computer. Other occupational trades that require repetition of wrist motion, such as sewing or electronic assembly, risk developing CTS.

In addition, CTS has been reported to occur in non-occupational cases such as: systemic diseases, congenital defects, wrist size, acute trauma, pregnancy and other gynecological instances, Armstrong said.

If a person is in the initial stages of CTS, simple modification to the task being performed can correct the problem. In the middle stages of CTS, a physician can inject an anti-inflammatory to ease pressure and prescribe a splint to be worn at night.

However, if CTS has progressed to the advanced stages, physical therapy and even surgery may be required to remedy the condition.

Your chair can be hazardous

Posture prevents problems

By A. BEN CROUCH
Universe Staff Writer

Whether you like to play around on a computer or seem to have to tie yourself down to one to get those awful assignments done, using a computer could have its disadvantages.

When was the last time you used a computer?

In this particular area of concern, it doesn't seem to matter whether you're a student or teacher.

It doesn't matter if you spend 5 minutes typing out that assignment you thought was a joke, whether you make an entry in your journal or whether you play golf, chess or use a flight simulator on the computer.

What matters in this case, is how you feel when you were at the computer and how you felt when you were all done. Did you get any backaches, headaches or eye strain? Of course, if you spent an entire night typing that research paper you've known about for a couple of months, chances are you'll experience more than just a few headaches and backaches.

But supposing you didn't put off that paper until the last minute and you used the computer in a somewhat normal way, how did you feel when you were all done?

One of the most common ailments, says a pamphlet put out by the Patient Information Library, entitled, "Back Owner's Manual," is low back pain.

According to Paul G. Neimark, who has written a book concerning the care of the back, a conservative estimate is that all types of back pain combined result in a loss of 200 million days of work annually.

But, the worst part of all is millions of people who develop back trouble could have done something to avoid it or could have limited the problem once it appeared.

If you have experienced any backaches, one possible reason could be attributed to the chair you used.

According to Jerry Frame, a physical therapist at the McDonald Health Center, "a lot of the chairs in the past weren't designed for the human body."

He also said, "You have to make sure your back is supported with the right chair."

"Back Owner's Manual" suggested sitting "in chairs low enough to place both feet on the floor with knees higher than the hips. You may cross your legs or put your feet up on a stool. Sit firmly against [the] back of the chair."

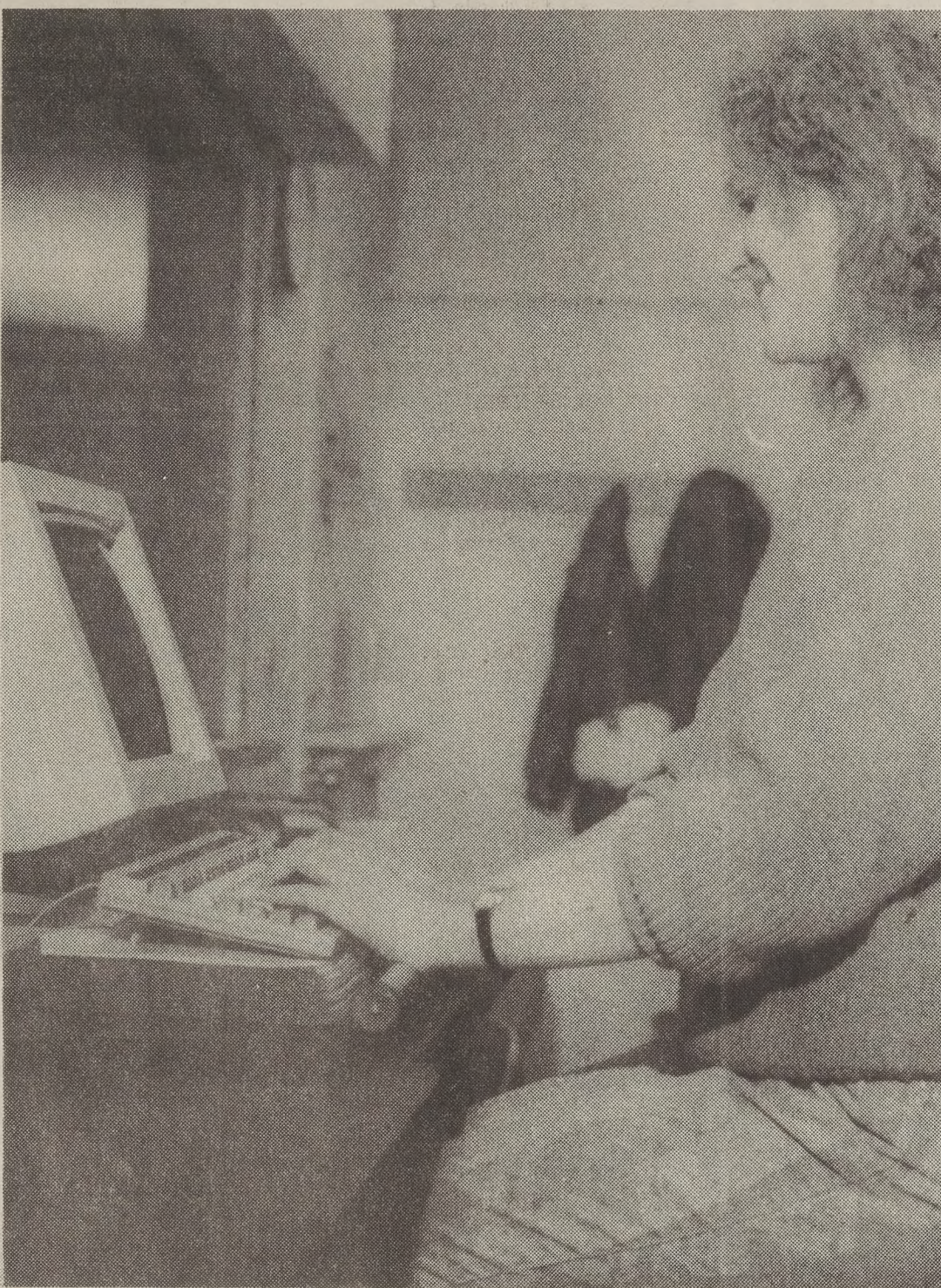
The Southern California Permanente Medical Group has presented what it feels is a properly designed terminal workstation.

One element of a poorly designed work station is the chair has no back support, no type of cushion or any kind of adjustments to make it more

comfortable.

Other than back pain, poorly adjusted chairs can hurt the eyes.

The computer screen is usually set too low and the person using the computer tends to slouch and bend over to get a better view.



This is a recommended body position while using a computer. Universe photo by Frank Lee

Dr. Loran D. Cook, an eye physician and surgeon in Provo said, "The screen should be positioned in the right place and in a comfortable location. You should also be able to move it back and forth."

The medical group says the right location of the monitor is where the line of sight is at more of a horizontal position than a vertical one.

This keeps the computer user from bending over too much.

Another element of the poorly designed terminal station is the work surface, where the keyboard is located.

In most cases, the keyboard is positioned "too high and is not adjustable. This will also put an undue strain on the back.

After these elements are addressed and taken care of, it is important to look at the way you sit in your chair. According to Neimark, most of us do too much sitting.

He said, "After 12 to 16 years of sitting in a classroom, most graduates will go on to sit from nine to five in an employer's office."

He went on to say the "human body was definitely not made to sit."

But if you must sit, you must, and here are some rules Neimark says will help reduce the damage.

1) Pay attention to what you sit in. "Choose a chair you are comfortable in, but only after you've corrected you're sitting habits so that your comfort is based on good posture."

2) Sit up straight.
3) When you change positions while seated, change your entire body's position.

4) Don't sit for too long. Neimark says the human animal is about the only living organism in the world that sits for long periods. Take this article you're reading for example, I am at a computer typing it, but I

haven't done it all in one sitting.

Going back to eye care when using computers, Cook stated that a lot has to do with the individual's preference. In response to a question about the affect monitors have on eyes, Cook said, "There's no scientific evidence that they affect eyes."

But he did say that "some people just plain get glare off their monitors." He said some people take it better than others and that the adjustment of lighting is an example of personal preference.

In addition to explaining that people need to adjust their monitors to what best suits them, he said special lenses have been developed for those who constantly work on a computer and wear glasses.

These special lenses cut down strain caused by the combined use of computers and glasses.

So, the next time you use a computer (hopefully you haven't put off that ugly term paper until the night before it is due), sit up straight, take a break once in a while, move around a little and be level headed.

Be level headed, not only in an emotional way, but in a literal way, so as to look at the monitor in a way that does not put undue stress on your back. Remember, your back is what helps hold you up.

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ALBANIA

Story continued from page 2

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VDT RADIATION

Story continued from page 2

"There aren't any effects from radiation that have been found. The only effects computers have on people are due to physical stress," said Dr. Keith Schiager, of the University of Utah's radiological health center.

"People sit over a keyboard for too long with the wrong chair, desk height and poor lighting. The major recommendations are to get proper furniture adjustments and good lighting — then get up and move around throughout the day," Schiager said.

Manufacturers agree there isn't much to worry about.

Emission levels are kept low in order to achieve electromagnetic compatibility, a condition that allows a variety of electronic equipment to operate in close proximity without interference.

However, the San Francisco Department of Public Health is taking this issue seriously. On Dec. 27, 1990, San Francisco Mayor Art Agnos signed landmark legislation requiring businesses to protect their workers from the health and safety risks associated with VDTs.

"Once again, San Francisco has identified an issue whose time has come and stepped up to the challenge," Agnos said.

Recommendations to accommodate the workstation where the VDT is used were the consensus of the National Institute for Occupational

Safety and Health, the World Health Organization and the American National Standards Institute.

The recommendations address complaints of headaches, general malaise, eyestrain and other visual and musculoskeletal problems.

World-wide studies have demonstrated elevated musculoskeletal discomforts and disorders in VDT operators as compared with non-VDT operators.

Statistics show a correlation between VDT use and shoulder-neck discomfort, wrist tendinitis and carpal tunnel syndrome. Vision complaints were also higher among VDT operators compared to other workers.

Inadequate workstation adjustment and long, uninterrupted use of VDTs are associated with the musculoskeletal disorders and vision complaints.

The legislation calls for businesses to provide adjustable computer screens with anti-glare shields, detachable keyboards, wrist rests, adjustable back rests and seat heights, foot rests, swiveling chairs and other equipment designed to avoid VDT-related injuries.

Periodic breaks for VDT use during the work day will also substantially contribute to suitable working postures

and reduce vision complaints. Proper lighting of the workplace is also required in order to reduce vision problems.

The legislation also calls for continued research into the threat of radiation and how to reduce it. For now, businesses are asked to use computers with low radiation emitting terminals.

Researchers also feel that merely keeping a reasonable distance from the computer screen would help people avoid exposure to high levels of radiation. Computer monitor emissions are stronger through the back and sides. Keeping an arm's length away, with clearances of three to four feet, should be enough to lower the risk of exposure.

Research will also continue on the adverse effects of monitor emissions on pregnant women and fetuses.

Pregnant workers will be monitored for the next two years to see if the radiation emitted from the home computer has an affect on the outcome.

However, a 1988 report published by the Northern California Kaiser Permanente Medical Care Program found the risk to pregnant women who worked more than 20 hours a week with a computer were 80 percent higher than for women who did similar work without a computer.

To control the emissions from computers, Sweden and a few other countries have initiated

government standards regulating levels of emissions.

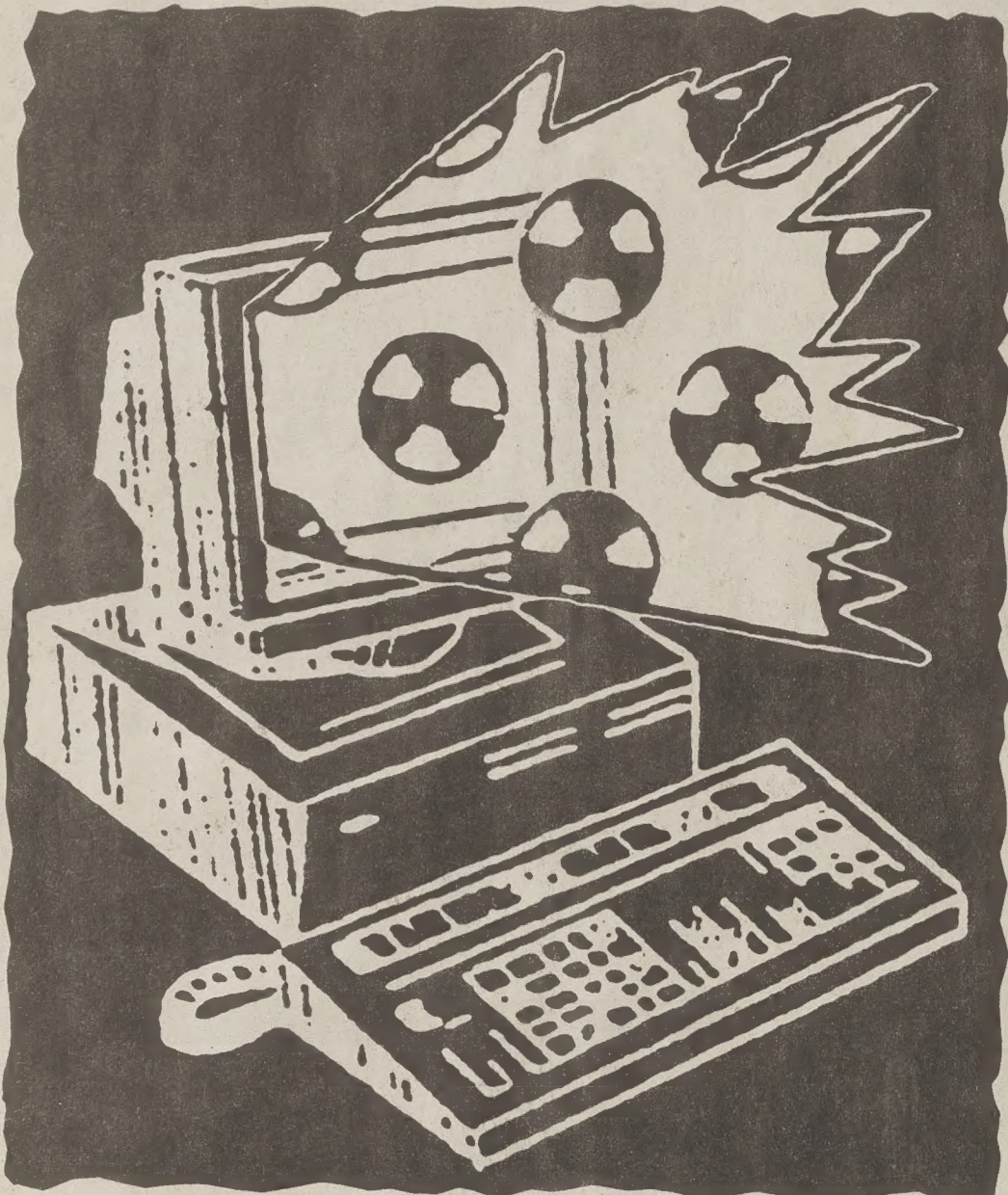
Although the government does not publicize the results of its tests of computer monitors, manufacturers publish their own emission level ratings on packages to warn consumers. Meanwhile, better solutions for the long term are on the horizon. Computer monitor manufacturers are currently working on ways to contain the radiation.

While ELF is impossible to shield against, it is possible to cancel it.

With monochrome monitors, all that is required is added circuitry. Color monitors are somewhat more difficult to tame because they require a transformer which acts as a second source of emitting radiation.

Sigma Designs, a California-based manufacturer announced next year it will introduce a line of monitors that will meet the strict Swedish Government standards for ELF and the slightly higher frequency very low frequency (VLF) emissions.

The studies linking VDT radiation and health problems are still inconclusive, and only time will reveal whether home computers will be added to the ever-increasing list of cancer-causing agents.



Universe illustration by Kathy Burton

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